

Family Prosperity

Adventures
In Prosperity
2023

Abundance Is Fun, and We Deserve It!

We can approach our life of abundance and the abundance of any resource including money with joy and fun. The more fun it is, the more we are a magnet for our good! Here are some ideas and exercises for raising kids to believe they (and you) deserve the best in life. Feel free to adjust based on the age of your children and these can be done in any order.

Hey, Grown Ups!

We often bring our unconscious ideas to our children. Take a moment to check your own beliefs about prosperity, abundance, and money.

Ask yourself:

- Can you identify a pattern of thinking or behaving that is contributing to lack or abundance in your life?
- If there is a place you struggle with abundance, can you think of ways to make it more fun and joy-filled?
- Does my family deserve prosperity?
- Am I putting limits on how much I am allowed to have? Do I complain a lot? What do I complain about most in life? Do I use a lot of never/always/should in my conversations with others and myself?

Tips:

- Share your values with your children.
- Talk about what is important to your family.
- Talk about money. Explain things that happen in your life and in the economy that affect your money. Include your children in your family financial goals.
- Commit to some easy ways to continuously affirm abundance for your family.

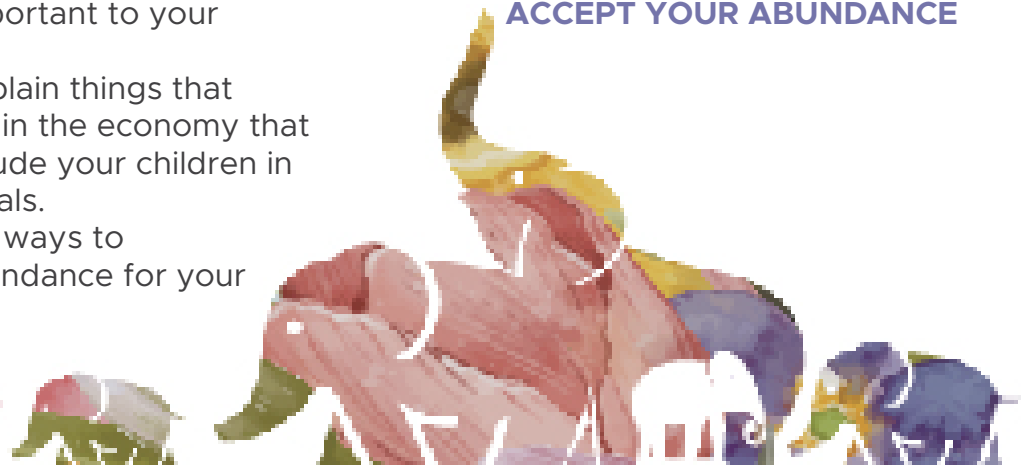
FAMILY PRAYER FOR PROSPERITY

Relax. Notice your breath moving in and out. Jump to center and notice the still, small voice inside that says no good thing will ever be kept from you.

God is our Source. We circulate prosperity. We are now in the flow of prosperity. The prosperous and abundant power of God is also our power. With grateful hearts, we say, "Thank you, God, for everything." And so it is.

People manifest prosperity in direct proportion to the degree they believe they are worthy of it. Look at your own beliefs of prosperity and self-worth. Check your thoughts. Expect good things. Dream out loud. Don't buy negativity. Encourage your kids to believe anything is possible.

**—RANDY GAGE,
ACCEPT YOUR ABUNDANCE**





VIBE HIGH! OUR THOUGHTS CREATE OUR LIFE

AFFIRMATION: My thoughts create my world, and it is full of never-ending good!

THE BIG IDEA

Prosperity! A way of living and thinking not only about money, but for your physical, mental, and spiritual wellbeing. A successful flourishing or thriving condition. Awareness that God's good is present everywhere, all the time.

HOW DO WE GET IT? Use your superpowers of thinking and believing!

- What are you thinking about? Creating prosperity has to do with real actions but more importantly with how you think. We have control over our thoughts and how we think.
- Believe! The real shift in your reality begins to happen only after you truly 100% believe in what you're saying. Words are powerful tools as we reshape our thinking, but the real power comes from the intention behind the words. Believing it and feeling it is the ignition to the engine. Once that happens you will be amazed at the way your life opens up.

THINGS TO TRY

- Be in the Flow! Flow is that never-ending positive spiritual energy that circles all the time. Flow—the spiritual connection of all people and things, including prosperity and abundance. Come up with your own hand or body movements to demonstrate your family being in the flow.
- Name five things that will make you happy right now. Now, name five that make you happy that don't cost money. Hint: the ones that are free tend to give lasting happiness.
- Use balls of paper and basket or box. Have kids line up and toss their paper ball in the basket without giving it much thought. Have the kids take a minute, close their eyes, and picture it going in. Line up and toss balls into basket. Does their accuracy change when they picture the ball going into the basket? What happens when you move the basket? Does it help if you can see your goal, or what happens when the basket is out of their line of sight?

CONVERSATION STARTERS:

- We are blessed when we see God's good all around us. What are some examples of God's good?
- What is most important to your family? (it could include things, relationships, feelings, learning, see what comes up for you!)
- Do you think having a lot of fancy stuff makes people think you are cool? What are some things money can't buy that are great about you? Do you think your real friends care more about what you have or who you are?
- What are some things you can never run out of? (love, fun, joy, laughter, kindness, creativity, etc.)



ATTITUDE OF GRATITUDE

AFFIRMATION: I am blessed and have an attitude of gratitude.

THE BIG IDEA

Gratitude! Gratitude, gratefulness, thankful, thankfulness, thanksgiving = being glad for the things you have and the special things which come along. It is an openness to receive God's gifts every day. It is a way to open up to more good things to come your way.

Is being grateful and giving thanks a spiritual practice? YES! When you think of the things you are grateful for, you send those thoughts out to God and the Universe to come back to you multiplied so you will have even more to be grateful for. It is a way to look for good even when things do not seem to be going well. Some people say that saying thank you is the most powerful prayer. People who say thank you all the time and think of the things they are grateful for are happier, have more energy, and their body is healthier.

THINGS TO TRY

- Express gratitude. Go to sleep listing five things you are grateful for.
- GAME: The alphabet appreciation game is a great way to have some fun giving thanks. The basic game is played by having someone name something they are thankful for beginning with the letter A, then the letter B, and so on. For example, player one says, "I am thankful for Aunt Maggie!" Player two says, "I am thankful for my bike!" Have everyone take turns moving through the entire alphabet.
- GAME: Name as many things you can think of to be grateful for in a particular category or theme like foods or people. No need to be alphabetical, see how fast you can go!
- Say 'thank you' for all the people involved in a new purchase. Example of shoes: You get a new pair of shoes. You can be grateful for your shoes, for the person who bought you the shoes, e.g. "I am thankful for my shoes!" But where did those shoes come from? Who all made them possible? The material, the people who took the material to the factory, the people who constructed the shoes, the truck driver who took them to the store, the people at the store who stocked the shelves, etc).

CONVERSATION STARTERS:

- What kinds of things are you thankful for, and what things will you bless to bring more into your life? Some examples: health, friends, toys, family, nature, animals, weather, money, love, my amazing body and how it works, my senses, my brain that lets me think, create, reason, dream and learn, talents and virtues,
- How do you feel when you are feeling thankful? Can you describe the feeling? Where in your body do you feel thankful? In your toes? In your head? In your heart? How does it feel to you?

ABUNDANCE IS ABOUT BEING RICH, WITH OR WITHOUT MONEY.

SUZE ORMAN



ABUNDANCE IS NOT SOMETHING WE ACQUIRE. IT IS SOMETHING WE TUNE INTO.

WAYNE DYER



WONDERFUL WORLD OF MONEY

AFFIRMATION:
Money allows us to live a life we love.

THE BIG IDEA

- What is money? Money is a tool to help you create what you desire in life.
- Money is not the be all or end all. Acquiring lots of money as a goal unto itself will likely leave you feeling hollow when you get there. Instead, build wealth for reasons that you value. Maybe it's for education or giving. Maybe it's to experience more of life through travel or art or music.
- Talking about money should include your family's views on the best ways to use money—saving for what you want, living without debt, giving, spending time together doing fun things. Include your kids in your family goals.

THINGS TO TRY

- Give an allowance. Even young children can learn to identify different denomination of coins and bills and save for something special.
- For older pre-teens and teens: Most banks have a teen checking program with a debit card. Start early to anchor good habits around credit, money, budgeting, and manifesting.

CONVERSATION STARTERS:

- What are some things you need (food, water, shelter, family, love)? Do we need money? We need ways to buy things we need. What are some things we want?
- Why is money a good thing? What are ways you get money? Allowance, gifts, jobs. What do you do with your money? Spend it, save it, give it.
- Is our family living a good life? What would make it better? What are ways to have fun that don't involve money?



GIVING AND RECEIVING -WHAT GOES AROUND COMES AROUND

AFFIRMATION: What I give comes back to me multiplied.

THE BIG IDEA

The Law of Circulation: What does it mean to say something circulates? It circles around; moves or spins in a circular way.

- Our thoughts, words, and actions come back to us. Whatever energy we send circulates back to us when we are kind, generous, compassionate. We draw people and situations to us; when we are unkind greedy or judgmental, we draw that to us. The key is to be abundant and happy with yourself. If we hoard our time, money, energy, and love, we may block the universal circulation.

Be a good giver AND receiver.

GIVING = Being a dedicated giver. Be generous. The more you give, the more you receive. Always expect something from your giving even if it is as simple as being a gift as a benefit to someone else, to be valued and appreciated, or to allow others to give you something back that will increase your joy and happiness.

RECEIVING = Always accept gifts! It is okay to receive—actually, it's important to be a good receiver as well as a good giver. And yes, you deserve it! Accept what is offered and say thank you. Refusing a gift blocks the flow of abundance in your life and the givers life. When you accept, you complete the circle of giving and receiving.

THINGS TO TRY

- Put a quarter, or any coin, into each person's hand. Have the children clench their fists tight around the quarter. No one is going to get their quarter. You can jokingly try and get the quarter from them. Now show you have some extra quarters. But when you hold what you have so tight and don't open to the chance to give, you also can't open to having more for yourself.
- Gratefully receive all gifts that life has to offer. Receive the gifts of nature: sunlight and the sounds of birds singing, moisture from rain or snow. Be open to receiving from others, whether it be in the form of a material gift, money, a compliment, or a prayer.

Idea: Does shining your light create abundance?

Exercise: Use a mirror to shine light into different places.

CONVERSATION STARTERS:

- Are there things you can give besides money? Outgrown clothes and toys; share your talents.
- What are some reasons to give? To be helpful, to be friendly because we are grateful for what we have.
- What is your giving language? Quality time, acts of service, generosity with your words, gift-giving, hugs, handshakes, a smile?



MAKE IT HAPPEN

THE BIG IDEA

Manifesting! How do we get, aka manifest, what we want?

- Get clear: when you clearly know what you want, the easier it is to make a plan. Maybe your plan is specific—this exact thing in this exact color. Or you can be open at the top, for example, a toy that lights up and makes noise. Being open gives more ways for it to manifest. And always add, 'this or something better!'
- Use your mind! Picture it. Imagine it.
- Use some tools: this could be written goals and affirmations, a vision board, sharing your plan with other people, say a prayer, a special bank.
- Setting goals: picturing them, feeling them, and acting on them will get you where you want to go more quickly than just hoping for them to happen.

THINGS TO TRY

What are some ways you can imagine you have what you want? Picture it in your head, do a vision board, write a plan, share your plan with other people. How do you get what you want? Make a plan, special bank, put up a picture, vision board, say a prayer (treatment). Decide what you want, make a plan, and put your plan in action.

CONVERSATION STARTERS:

To get what you want in life, it helps to picture it clearly in your mind, down to the littlest detail. Describe something you want to do, be, or have. What does it look like? How will you make it happen?